

# WIOA

## It's Your Choice

Where You Live, Work, Spend Time

## What You Should Know



The *Workforce Innovation and Opportunity Act (WIOA)* of 2014 is a federal law that says that people who have disabilities must be provided with information that can help them with...

- **self-determination,**
- **self-advocacy,** and
- **peer mentoring.**

This is important to make sure that people who have disabilities have a voice and are able to make **informed decisions** about where they want to **work, live,** and **spend their time.**

Typically, agencies that provide these services do so at no cost to you.

### Self-Determination

#### Take control of your life.

Use your skills and life experiences to make decisions about your life that are based on your own preferences, interests, and goals.

### Self-Advocacy

#### Stick up for yourself or someone else.

Know that you have a right to make decisions about your life and a responsibility to make those decisions. Communicate what you want and take action to reach your goals.

### Peer Mentoring

#### Receive support from a peer who has a disability.

Peer mentors who have disabilities provide information, support, and encouragement to others who have disabilities as they make life choices.

Check out the back of this handout for questions to get you started!

Your current provider of services has given you a **list of resources** to help you learn about self-determination, self-advocacy, and peer mentoring. You can also access a list of these resources at [bit.ly/AAPPDself-advocacy](http://bit.ly/AAPPDself-advocacy). This handout was created to help you decide which of these services might be the best fit for you.

Feel free to use the notes section below to document what resources you have visited, whom you spoke to, or whatever you feel is important to you.

## Will this Service Help Me:

### Self-Determination

- ☐ Know my rights and responsibilities?
- ☐ Communicate effectively?
- ☐ Be an effective listener?
- ☐ Learn basic leadership and team skills?
- ☐ Be comfortable expressing myself and what I need?
- ☐ Gain assertiveness skills and be respectful when I disagree?
- ☐ Practice interdependence (be empowered to ask for help and support)?

### Self-Advocacy

- ☐ Know my choices?
- ☐ Make good decisions?
- ☐ Understand the consequences of my actions?
- ☐ Identify, analyze, and solve problems?
- ☐ Be more self-aware and understand myself better?
- ☐ Set, track, and follow progress on my goals?
- ☐ Talk to employers about my disability and the accommodations I may need?

### Peer Mentoring

- ☐ Interact more with my peers?
- ☐ Learn alongside my peers?
- ☐ Practice peer to peer modeling?
- ☐ Show leadership?
- ☐ Be part of a team?
- ☐ Set high expectations for myself and my peers?
- ☐ Learn new skills to share with others?

Notes: